

CANADIAN FAMILY PHYSICIAN is currently receiving many more books than can be reviewed. For this reason, the system of listing books received will be adopted for future issues, and only those of direct relevance to family medicine will be reviewed in full. Readers who would like to review books are invited to send a list of their special interests to the editor.

Survival of the Species

Title: On Human Nature
Author: Edward O. Wilson
Publisher: Harvard University Press,
 79 Garden St., Cambridge, MA.
 02138, U.S.A.
Publication Date: 1978
Pages: 260
Price: \$13.16

Family medicine, because it is such a terrifyingly practical subject, has a tremendous need for a background in philosophy. We are taught that all our diagnoses should be in three spheres—biological, psychological, and social—but how often do we consider the way that these are connected? Or why they are connected?

This book is the third of a much-discussed series in which the author explores these connections through a new eclectic science called "sociobiology" defined as "the scientific study of the biological basis of all forms of social behavior in all kinds of organisms, including man". Darwinian evolutionary theory forms the core of the subject, and our hunter-gatherer forefathers serve as its main models. The hypothesis is that the success of homo sapiens depends not only on the natural selection of organs, but also on a similar selection of behavioral traits

which favor survival of the species. This mechanism is considered to control broad trends, which are fine-tuned to meet short term or geographically localized needs by a process of Lamarckian evolution.

The theory is most convincing for social patterns like aggression, territoriality and family bonding, but it takes all of Wilson's style, wit and learning to support the thin case for the survival value of traits such as homosexuality and suicide. But when he takes on God, sociobiology staggers, not under the weight of blasphemy, but because of an unsupported faith in the endless growth of science. "Si Dieu n'existait pas, il faudrait l'inventer" was thought by Voltaire to be one of his best quips, but the ancients had said it all before. The theology of sociobiology adds little to the idea.

Maybe the monotonous repetition of history is also programmed into our genes—it could have survival value! Perhaps this is why family doctors are doomed forever to give good advice which is eternally ignored by their patients. If you are interested in the wonders and mysteries of human nature, read this book; if not, it is time you got out of family practice.

Reviewed by Robert C. Westbury. Dr. Westbury, a certificant of the College, practices family medicine in Calgary, AB.

'Quite the Best' Book On Masturbation

Title: Human Autoerotic Practices
Editor: M. F. DeMartino
Publisher: Human Sciences Press, 72
 5th Avenue, New York, NY.
 10011, U.S.A.
Publication Date: February 1979
Pages: 384
Price: \$7.95

This is a book about masturbation! It is introduced by a challenging forward by Albert Ellis in which he lists no less than fifty advantages of masturbation. The succeeding chapters, contributed by many distinguished sexologists including Manfred de Martino, editor and compiler of the book, cover the whole gamut of contemporary thinking and current research on auto eroticism.

We are told that most persons who masturbate remain more or less guilt ridden about it. Nearly all of them are extremely secretive about their masturbation and would feel horribly embarrassed to have anyone know the truth. But the book makes it clear that masturbation must be considered a normal and healthy function of human sexuality in males and females of any age and under widely different circumstances.

A child whose sexual life evolves without a period of masturbation might almost be described as abnormal. The authors emphasize the need for more public education about masturbation and quote the 1974 SIECUS REPORT (Sex Information and Education Council of the United States) which states that: "Sexual pleasuring or masturbation is a natural part of sexual behaviour for individuals of all ages. It can help to develop a sense of the body as belonging to the self, and an affirmative attitude toward the body as a legitimate source of enjoyment. It can also help in the release of tension in a way harmless to the self and to others, and provide an intense experience of the self as preparation for experiencing another. Masturbation and the fantasies that frequently accompany it can be important aids in maintaining or restoring the image of one's self as a fully functioning human being."

The role of masturbation in sex therapy for the treatment of orgasmic dysfunction and the value of self disclosure

sure by the therapist are well covered in chapters by Joseph Lo Piccolo and Helen Kaplan.

All in all, this book is quite the best work on masturbation that I have read. I can recommend it to anyone—physician, allied health professional, or lay person—who wants to know more about the pros and cons of masturbation.

Reviewed by H. C. Still. Dr. Still is associate professor of family medicine at Dalhousie University.

Authoritative Work On Cancer Therapy

Title: Cancer Chemotherapy for Primary Physicians

Author: John Ultmann, Richard Stein, Richard Desser

Publisher: Medical Economics Co., Oradell, NJ. 07649, U.S.A.

Publication Date: May 1979

Pages: 192

Price: \$19.95

Family physicians see an average of four to five new cases of cancer each year. More effective treatment and an aging population have a cumulative effect on the number of cases of malignancy we care for. When chemotherapy was used primarily for the treatment of blood dyscrasias and reticuloendothelial tumors, it was reasonable to refer patients to hematologists for chemotherapy. With the use of the chemotherapeutic agents extended to the treatment of solid tumors of the breast, prostate and lung, and now tumors of the GI tract, ovaries and testes, the need for family physicians to have a knowledge of the drugs used has assumed greater importance.

When so much gobbledegook is appearing in the literature, it is refreshing to read a book that is clear, concise, authoritative, yet objective, on this subject. It is a very practical text designed for quick reference by a busy physician. It is double indexed by both drugs and diseases. It is rich in tables outlining indications for various drugs and combinations of drugs, expected side reactions, dosages and mode of action.

The first section discusses the various classes of the chemotherapeutic agents and what to expect from them either singly or in combination. In the second section, devoted to the man-

agement of common cancers, there is a delightful degree of honesty and practicality. For example, when discussing chronic lymphocytic leukemia, the authors state "when tempted to treat, try to find a reason not to . . . Adopt a policy of watchful neglect . . . and be quite certain you will be treating a specific symptom".

The authors define the conditions and drugs that can be used by family physicians, and those which should be restricted to the use of a medical oncologist supported by adequate laboratory facilities. While this book is worthy of a place in the library of any family physician or resident, it will probably be of greatest use to the physician who has been in practice for ten or more years and has accumulated a number of cancer patients in varying stages of their disease.

Reviewed by I. W. Bean. Dr. Bean, a certificant and fellow of the College, is a professor of family medicine at the University of Toronto.

Artist-Physicians Of Old Vienna

Title: Psychoanalysis and Old Vienna

Author: Murray H. Sherman

Publisher: Human Sciences Press, 72 Fifth Avenue, New York, NY. 10011, U.S.A.

Publication Date: Sept. 1978

Pages: 192

Price: \$12.95

I find it somewhat difficult to be enthusiastic about this book—a special issue of last year's *Psychoanalytic Review* spring number. It deals with the interrelationships and the careers of four *künstlerärzte*, or artist-physicians of Vienna. The name of Sigmund Freud is a household word. Theodor Reik, Arthur Schnitzler and Karl Kraus are playwrights and novelists of considerable skill and originality, some of whose work can be read in English translation.

I feel that this volume will have limited appeal to family physicians. It may well fascinate those whose spiritual or ancestral roots are in Vienna, especially the Vienna of the later nineteenth and the first half of the twentieth century.

Reviewed by A. Rothwell. Dr. Rothwell is a retired family physician in Calgary, AB.

Positions Vacant

Family Physician registerable in Alberta wanted for a rapidly expanding town in foothills of Rockies, 180 miles from Edmonton, 15 miles from Jasper National Park. We have just moved into a new 75 bed hospital. Year round recreation facilities available we hope to have a rec centre built within next year. Ability to practice obstetrics/surgery or obstetrics/anesthesia plus family medicine an advantage. Please reply in writing to Hinton Medical Clinic, Box 2327, Hinton, AB. TOE 1C0.

Family Physician for very busy practice required June 1980 for Vancouver Island community situated on scenic west coast. Doctor visits several remote communities by float plane. Doctor operated pharmacy. Subsidized housing. Modern 10 bed hospital facility. Ideal for husband-wife team. Please contact: Mr. M. Wilson, President, Tahsis Hospital Society, Box 399, Tahsis, BC. V0P 1X0.

Family Practitioner Required—immediately—to fill vacancy in small town in Nova Scotia. Office space available and 13 bed hospital situated beside salmon river near the coast. Excellent referral facilities available in university town 60 km away. Satisfying work in idyllic surroundings with good quality of life. Contact Mrs. Shirley Bowen, St. Mary's Memorial Hospital, Sherbrooke, NS. Telephone: (902) 522-2882 or, Mrs. Joan Moore, Box 73, Sherbrooke, NS. Telephone: (902) 522-2735.

Faculty Wanted: Dynamic, growing, young residency program seeking qualified residency-trained family practitioner. 24 resident program in a 300 bed community hospital located in a prime outdoor recreational area in northeastern New York State. Salary commensurate with prior experience. For further details contact Robert A. Marshall, MD, (518) 382-2265.

Excellent Opportunity for two full-time family doctors to join present staff in rural community of 1,400. Fine hospital and benefits, open salary plus profit incentive. Full partnership is available after one year. Good family community. Call or write today for details. Kevin Norskog, P.O. Box 327, Adrian, MN. 56110. (507) 483-2098.

Dermatologist Wanted to join lucrative solo practice in southeastern American city. Brand new building, cosmopolitan city, near beaches and mountains, beautiful weather year round. Call (803) 771-7506 9:00 a.m. to 4:30 p.m. or (803) 787-4665 after 5:00 p.m., or write Dr. John R. Morgan, 1706 St. Julian Pl., Columbia, SC. 29204.

Family Physician Required to replace departing family physician for well established group. Eight FPs and four specialists. In a summer and winter recreational haven. Kirkland Lake, Ontario has a new 113 bed hospital. Please contact: Dr. Richard Denton, Kirkland Medical Group, P.O. Box 847, Kirkland Lake, ON. P2N 3K6.

Family Physician needed to join a group in Roseau, Minnesota, 110 miles southeast of Winnipeg, Manitoba. Has modern accredited hospital and a new clinic will be constructed. Please reply to Administrator, Roseau Area Hospital, Roseau, MN. or call (218) 463-2500.

Family Practitioner wanted for multi-specialty group in Thunder Bay, Ontario, starting income \$30,000 to \$40,000. Please contact Dr. P. Bentz, 194 N. Court St., Thunder Bay, ON. P9A 4X7.

Two General/Family Practitioners required to join group working in association with Pentecostal Sub-Arctic Mission in Hay River, N.W.T. Surgery/anesthesia experience desirable. Modern 50 bed hospital. Reply: Drs. Covert or Gustafsson, Box 1126, Hay River, NT. Telephone (403) 874-6596.

Assistant Wanted: family practitioner with view to partnership with four others. Generous salary. Good rotational duty. Anesthetics or surgery an advantage. Towers Medical Clinic, Box 240, Drayton Valley, AB. TOE 0M0.